

GROUP FITNESS CLASSES

GROUP EXERCISE CLASSES

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------|
| 5:30am-6:30am | Bootybarre (B) Nancy Cycling (C) Craig 5:30am-6:30am | Boot Camp (A) Shelby 5:30-6:30 am | Power Pump (A) Shay Cycling (C) Craig 5:30am-6:30am | PiYo (B) Anita 5:30 – 6:30 am | Power Pump (A) Maxine Cycling (C) Craig 5:30 – 6:30 am | | |
| 630am-8am | Pilates (B) Danika 7:45am-8:45am <i>Starts 10/13</i> Hydro Fit-Yadira 8am-9am | ♥ Flex and Balance (A) Kris 8am-8:55am Hydro Fit Lovie 8am-9am | Yoga (B) Sali 7:45am-8:45am Hydro Fit-Kris 8am-9am | Vinyasa Yoga (B) Cathy 630-730am GAC Swim Team (A) 6:30-7:30am ♥ Flex and Balance (A) Kris 8am-8:55am Hydro Fit Lovie 8am-9am | Boot Camp (A) Terrin 6:30-7:30am Yoga (B) Sali 7:45am-8:45am Hydro Fit-Kris 8am-9am | | |
| 9:00 | Zumba (A) Hannah PiYo (B) Anita Water Tai Chi Jude 9am-10am | Pwr Pump (A) Sassy Mobility Flow (B) Nikki Cycle (C) Val 9am-10am | Bootcamp (A) Anita PiYo (B) Val Beginner Pickleball (Gym Court 3) Jude 9am-10am | Cardio Pump (A) Kris Cycling (C) Richel Water Tai Chi Jude | Power Pump (A) Rose PiYo (B) Val 9am-10am | Cardio Pump (A) Rotating Instructors 9am-10am | |
| 10am-11:30am | ♥Zumba Gold (A) Julie 10:30am-11:30am Bootcamp Barre (B) Greer 11:00am-12:00pm Hydro Fit Yadira 11am-noon | Club Fiesta (A) Charlotte 10:30am-11:30am Gentle Yoga (B) Sali 1030am-1130am Jay Walking (Lobby) Jude 11am-noon | Zumba (A) Yadira 10:30am-11:30am Bootcamp Barre (B) Greer 11am-12pm Hydro Fit Charlotte 11am-noon | Gentle Yoga (B) Sali 1030am-1130am Jay Walking (Lobby) Jude 11am-noon | Zumba (A) Joy 10:30am-11:30am Bike to Barre (C) Greer 11am-12pm Hydro Fit Lynn 11am-noon Running Class (B) Shay 11:30-12:30 | Zumba (A) Hannah 10:30am-11:30am | |
| 12pm | ♥Tai Chi (A) Jude Noon-1:30pm | ♥S.A.I.L. (A) Charlotte Noon-1pm | ♥Tai Chi (A) Jude Noon-1:30pm | ♥S.A.I.L. (A) Craig noon-1pm | ♥S.A.I.L. (A) Joy Noon-1pm | | |
| 4:15pm-5:15pm | Advanced Tai Chi (A) Jude 4:15pm-5:15pm | Boot Camp (A) Sassy 4:15pm-5:15pm | | Boot Camp (A) Terrin 4:15pm-5:15pm | | | |
| 5:15pm-6:30pm | PowerPump (A) Charlotte 5:30pm-6:30pm Yin and Yang Yoga (B) Cathy 5:15pm-6:15pm | Hydro Fit Yadira 5:30pm-6:30pm | Cardio Pump (A) Maxine Vinyasa Yoga (B) Selina 5:30pm-6:30pm | Advanced Tai Chi (A) Jude Yoga (B) Sherry 5:25pm-6:25pm Hydro Fit Yadira 5:30pm-6:30pm | | | |
| 6:00pm-7:30pm | Zumba (A) Joy 6:35 – 7:35 pm | Pilates (B) Angie 6:35-7:35pm | Zumba (A) Joy 6:35 – 7:35 pm | Club Fiesta (A) Charlotte <i>Starts 10/9</i> Pilates (B) Angie 6:35-7:35pm | | | |

♥ beginner level Aline Studio (A) Rio Sky Studio (B) Canyon Studio (C)

Schedule updates are available online.

Download the Logan Fitness App for up-to-date schedule changes.

See descriptions on back ⇒



iPhone



Android

Class Descriptions

BIKE TO BARRE: Get the best of both, cardio on the bike and strength and conditioning using the bike as your barre.

BOOT CAMP: A high-intensity class combining strength, speed, agility, plyometrics, and calisthenics to boost power, endurance, and fitness.

BOOT CAMP BARRE: Cardio and strength fused with exercises using the barre.

BOOTYBARRE: Pilates, Dance + Yoga style class for strength and conditioning.

CARDIO PUMP: Muscular strength and endurance with cardio training class using free weights, body bars, the bar system, tubing and stability balls.

CLUB FIESTA: A fun, high-energy dance fitness program that blends Pop, Latin, Afro, and international beats, designed to be easy to follow and suitable for all fitness levels.

CYCLING: High energy cycling. Please bring a water bottle. No saving of bikes.

FLEX & BALANCE: Gentle class with stretching, balance, mobility and some light strength work.

HYDRO FIT: Joint friendly cardio and muscle strengthening workout using a variety of equipment and varying water depths.

J-WALKING: meet in the lobby upstairs. All levels of walkers are encouraged to participate. Walking takes place around our campus.

MOBILITY FLOW: A recovery-focused class that combines yoga sequences with targeted mobility drills using blocks, straps, massage balls, and foam rollers to improve flexibility, joint range of motion, injury prevention, and overall athletic performance.

PILATES: Movements designed to strengthen tone and challenge your core muscles. Relieve stress and increase flexibility.

PI-YO: muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout.

POWER PUMP: A total-body strength training class using free weights, body bars, tubing, discs and stability balls to build power, endurance, and strength.

SAIL: Stay Active and Independent for Life

The class includes aerobic exercises, static and dynamic balance training, upper and lower body strength exercises with adjustable cuff weights, flexibility exercises, and fall prevention education.

Tai Chi: Develop balance, strength, relaxation and improved respiration and circulation with graceful movement, deep breathing, and mental concentration. Learn at your own pace.

Tai Chi (Advanced): After learning the foundation movements, join us for the advanced movements.

VINYASA YOGA: A dynamic style of yoga that links poses in a flowing sequence, incorporating breath, flexibility, strength, balance, and mindfulness.

YIN AND YANG YOGA: A peaceful end to your day, with 30 minutes of deep, long-held stretches followed by 30 minutes of restorative poses to calm your nervous system and melt away stress.

YOGA: Move slowly and gently with the support of yoga props to reduce stress, strengthen, and tone muscles and improve flexibility using classical postures and breath awareness techniques.

YOGA - GENTLE: Beginner level yoga. Improve flexibility using basic postures and breath awareness techniques.

ZUMBA: A fun dance aerobic workout using Latin dances with easy to follow routine.

ZUMBA GOLD: A fun, low-intensity dance workout for active older adults, featuring modified Zumba moves that maintain the energy of the original class.